



Nutrition

Wellness

BEP

Sustainability

Healthier
Snacks

Exercise

Education

Variety

GO FOR
THE
GREEN!!!

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The Ohio Business Enterprise Program, in cooperation with your vending provider and coordination with the General Services Administration, are pleased to announce the Go for the Green Campaign. Over the past year your vending provider has been identifying products that are healthier in nature and still fit your needs as a customer.

As you feel the need for a snack, please keep in mind the smart snacking tips below. And when you do get to your favorite snack machine, we encourage you to look for the green dots which identify healthier options. Thank you for your patronage and we look forward to continuing to provide for all of your snacking needs.

- Top off your fuel tank several times a day with snacks
- *Focus on fiber and protein. Choose cereal bars or granola bars with a little protein and some fiber to help keep you full longer.*
- Pretzels or baked chips are a great low-fat, low calorie way to satisfy the mid-day munchies.
- *For a snack that is high in protein and calcium reach for a carton of low-fat milk or yogurt*
- Don't give up "sweet treats". Enjoy them in moderation.
- *Craving cookies? Animal crackers, fig bars, ginger snaps, pop tarts or graham crackers are great tasting lower fat choices.*
- Go nuts. Choose a package of peanuts, almonds, or other favorite nuts.
- *Don't confuse thirst with hunger. Keep a water bottle handy.*
- **Variety, balance and moderation are important when eating snacks.**